



# SOUTH AFRICAN FIGURE SKATING ASSOCIATION

FUND RAISING No: 022 - 976 - NPO

## GAUTENG NORTH PROVINCE

### INTRODUCTORY LETTER TO NEW MEMBERS

Dear New Member,

A warm welcome to Gauteng North Province; we hope you find your time with us enjoyable. Below are some guidelines and contact details to ensure that your entry into the world of Figure Skating is made as pleasant and informative as possible.

Please complete the Member Application Forms and the Indemnity Form available on our website, [www.gnfigureskating.co.za](http://www.gnfigureskating.co.za). A copy of your Identity Document must be attached to the form when given to your coach.

The membership Fee of SAFSA is an annual fee of R 150.00 and is to be paid before the 1st of April of each year. The monthly Club Fee for a Gauteng North Social member is R 20.00 and is to be paid latest the seventh of each month. A patch fee is payable to Tri-Ice each time you enter the rink, payable in our "honesty box" normally next to our music box.

Gauteng North's Committee Members names are on the [committee](#) page on our website. Please feel free to approach them at any time.

All member communications and relevant information are e-mailed to all Members and put on our website.

Skaters Dress Code:

*Saturday and Tuesday Evening Practices:*

Gauteng North Skating Dress / Pants and Representative Tracksuit

*Competitions:*

Gauteng North Skating Dress / Pants and Representative Tracksuit

AGM and Draws: Navy Blue Skirt(girls), Black Pants(boys), White Top, Navy Blue Blazer and Black shoes, hair neat.

*Nationals:*

Highest Qualification Clothing to Draw and Provincial Clothing to Competition

*Skating Clothing can be ordered from:*

Irene Warren 082 681 2662

Once you've qualified, official tracksuits can be ordered at XCO SPORT, with an accompanying letter from the committee.

PO Box 1432  
MONTANAPARK  
0159  
6502

[skating@gnfigureskating.co.za](mailto:skating@gnfigureskating.co.za)  
[www.gnfigureskating.co.za](http://www.gnfigureskating.co.za)  
Cell: 083 321

Fax: 086 578 4347

Member of:  
International Skating Union (ISU)  
SA Sports Confederation and Olympic Committee (SASCOC)  
Sports Council - Gauteng North (GNSC)  
Tshwane Sports Council (TSC)



# SOUTH AFRICAN FIGURE SKATING ASSOCIATION

FUND RAISING No: 022 - 976 - NPO

## GAUTENG NORTH PROVINCE

### *Official Wear:*

Navy skirt, Black pants, Navy Blazer and white top can be bought at Woolworths.

### **Developing our Sport:**

Tests are done on a regular basis in order for the skaters to develop. Skaters are not limited with how often they can attempt Tests but if a Test is failed a 26 days waiting period is required before the same Test can be attempted again.

Social members can enter and compete at the local competitions organised by Gauteng North.

For Skaters to compete at an Inter-Provincial Championships they have to be qualified in Level 1 and Class 1 Tests. There are Cape Inter-Provincials - Cape Town, Gauteng Inter-Provincials - Gauteng and KwaZulu Natal Inter-Provincials - Durban. Skaters can either compete on a Non-National or National level, the latter the only way to qualify for provincial colours.

Provincial Competitions are hosted once a year and are open to all Skaters. Gauteng North encourages all skaters to participate as it gives young / new skaters an opportunity to show case their talents. These Provincial competitions are hosted at the Provinces own rink.

National Championships are hosted by different Provinces each year and are only for National Skaters.

Central Gauteng hosts Rising Stars yearly at their rink. This competition is only for Non-National Skaters.

Gauteng North hosts a Fun Skate yearly where the Skaters are NOT limited to specific music or dress codes. This is for FUN. The children cannot wait for this event.

The Coaches are listed on the **coaches page** on our website.

Please liaise with the Coaches regarding lessons.

Gauteng North's goal is to provide a friendly environment where Skaters feel welcome and grow in their sport.

If there are any uncertainties please do not hesitate to contact the Chairperson.

### **Group Lessons**

Gauteng North has introduced group lessons. These are intended a "step-up" for skaters who have mastered the basics, but who are still on the way to acquiring the necessary skating skills required to benefit from individual coaching.

### **Social Events**

Gauteng North usually hosts a couple of Social events per year. This is done to promote team spirit and friendship amongst our skaters.



# SOUTH AFRICAN FIGURE SKATING ASSOCIATION

FUND RAISING No: 022 - 976 - NPO

## GAUTENG NORTH PROVINCE

These events also help our province to raise funds which in-turn is used to pay for functions and competitions to the benefit of our province.

We would thus request that every skater and their parents try to attend these events. We have seen that the kids and parents enjoy also communicating to each other on a non-skating basis and get to know each other - making the whole skating experience a lot more fun and exciting.

### Nutrition

We recommend you read some interesting fact regarding **Nutrition** on our website for our skaters. This has some helpful tips that you may want to use.

### Skaters Etiquette and rules

Rules:

1. All communication to the National Executive to be issued through the Provincial committee
2. All Medal and competitive tests to be arranged through coaches and then booked by the provincial secretary or test secretary.
3. Competition entries to be submitted by the skater \ parent in conjunction with the respective coach to the provincial secretary who will collate and co-ordinate all further actions
4. All competition entry payment and forms are due on or before the pre-scribed due date.
5. Should a coach be giving a lesson to a skater all other skaters, parents and members are requested not to intervene or interrupt in any way.
6. During practice sessions skaters are respectfully requested to provide right of way to a skater practicing his or her program to their music whilst under the instruction of their coach.
7. No obstacles are permitted on the ice at any time.
8. Skaters are requested not to play on the ice or throw ice at any time.
9. Skaters are requested not to socialize while on the ice but to leave this to either before or after their skating session.
10. No eating or drinking on the ice
11. All parents are requested not to stand next to the barrier but to be seated in the designated area during practice sessions.
12. All attendees to be seated in the designated area during tests. Please do not stand next to the barrier and \ or speak to the Judges while the tests are in progress.
13. Photos and Videos are strictly not allowed during tests.
14. Suitable dress code is necessary at all times.
15. All members are requested to not take any direct action if the deem that rules are being not adhered to - but to report this to any of the available committee members.

Thanks and let's Respect each other.

"The Major value in life is not what you get it is what you become"

--Jim Rohn--



# **SOUTH AFRICAN FIGURE SKATING ASSOCIATION**

FUND RAISING No: 022 - 976 - NPO

## **GAUTENG NORTH PROVINCE**

### **Tests:**

1. All tests to be arranged by the coach with the Test secretary.
2. All skaters must pay all due test fees by prescribed due date. Failure to comply might result in the cancellation of the test.
3. Skaters are required to wear the Gauteng North Figure skating attire.
4. All above rules apply during tests.

### **Tri-Ice:**

1. Figure Skating is only allowed at designated ICE TIMES. Any figure skating (spirals, Jumps, Turns, Spins, practicing of programs or anything resembling figure skating) is forbidden by the management of the Ice rink during open sessions. (public sessions) Skaters who do not abide by these rules will be banned by Management and this may lead to the banning of the rest of the figure skaters from the rink. Please remember that the Rink is privately owned and therefore we **MUST ABIDE BY** the stipulated rules.
2. Please do not leave any objects lying on the barriers. If you see any object on the barrier please advise one of the committee members immediately.

## **FORMAL COMPETITIONS**

### **PROVINCIALS**

A provincial Championship will be held once a year. The only entrants in this competition will be the members of that respective province. All the standard requirements apply.

### **INTERPROVINCIALS**

Inter provincial competitions are held so that all provinces can compete against each other. We have three inter provincial competitions during the year. These are held at Cape Town, Durban and Gauteng. Everybody would greatly appreciate it if the parents of the skaters can strive to allow their children to compete at most if not all these competitions. Skaters need to Qualify in certain tests to be allowed to take part in this event. Please chat to your coach in this regard.

### **NATIONALS**

The National Championships are held annually. The hosting province is decided on early in the year. Skaters need to Qualify in certain tests to be allowed to take part in this event. Please chat to your coach in this regard.

## **INFORMAL COMPETITIONS**

### **Fun Skate**

Our Fun Skate is exactly what the name implies - FUN. This is the highlight of the skating year for many of our skaters. The skaters may skate to ANY music and wear ANY costume. The length of the "program" must not exceed 3 minutes.



# SOUTH AFRICAN FIGURE SKATING ASSOCIATION

FUND RAISING No: 022 - 976 - NPO

## GAUTENG NORTH PROVINCE

### Rising Stars

Central Gauteng hosts Rising Stars every year after Nationals. This event is the Non-National Skaters Championships. All skaters are encouraged to take part at this Championship. Central Gauteng will give the entries to Gauteng North after Nationals with this we will be informed at what rink it will be. Please liaise with your Coach regarding this event. All skaters and members are encouraged to support the skaters at this Event.

### SOCIAL EVENTS / FUND RAISING

Social events are a great way that we can introduce our selves to one another, get to know each other, and for our children to have fun off the ice and become closer friends in the competitive environment. We want all to be included and enjoy the "Figure Skating Family". Please send us your outrageous, fun filled "Family" building ideas for a social - LOOKING FORWARD TO YOUR FUN FILLED RESPONSE AND GREAT IDEAS - Please speak to the committee

### Where do we Get.....?

#### Boots:

Barbara Eales

#### Gauteng North Skating Dress

Irene Warren 082 681 2662

#### Gauteng North Tracksuit

XCO Sport - 012 420 0800

#### Boot Sharpening:

Christo - 083 321 6502

### Hints and Tips:

#### Tips for Packing your Skating Bag:

1. Skates!!!!
2. Music and CD - ALWAYS have extra copy.
3. Three pairs of gloves
4. Two pairs of Socks or Stockings
5. Small Medical AID Kits
6. Towel
7. Hair "goodies"
8. Tissues
9. Jacket \ Jersey
10. Blade Guards
11. Blade Soakers
12. Extra set of underwear
13. Something to drink
14. If attending an away competition it is a good idea to have a "backup" dress packed in.



# SOUTH AFRICAN FIGURE SKATING ASSOCIATION

FUND RAISING No: 022 - 976 - NPO

## GAUTENG NORTH PROVINCE

### Music:

When hunting for music keep the following in mind:

Music may not contain any words

Music should suit the level of skating that you are at - chat to your coach. Soundtracks for movies are always a great place to start.

### Dress:

Always wear something that fits well and is comfortable. Clothing of the competitors must be modest, dignified and appropriate for athletic competition. Clothing must not be garish or theatrical in design. The clothing, however, may reflect the character of the music chosen. The ladies' dress must not give the effect of excessive nudity for an athletic sport. Men must wear full-length trousers; no tights are permitted and the costume must not be sleeveless. Clothing and make-up must not be theatrical. Headdresses must be kept to the absolute minimum. Ornamentation attached to the clothing or head must be firmly attached so as not to fall off while skating under normal competitive conditions. There can be no props and/or accessories on the ice and hand props such as banners, canes or pompons are not permitted.

### Boots:

Boots are expensive and deserve all the care you give them. Be sure to dry the entire sole of your boot off immediately after leaving the ice and don't store them in a closed bag. When not in use, always remove them from the skate bag and leave the skates in the open so that the air can thoroughly dry them, otherwise the leather will start to decay. Scratches and nicks in the boots should be attended to before water penetrates the leather.

There are two kinds of blade covers, hard rubber/plastic guards and terry-cloth "soakers". The plastic guards should be worn every time you step off the ice. Even "safe" rubber mats or carpets accumulate dirt and grit from the shoes of pedestrians, and this grit will nick and round off the fine edges of your blades much faster than gliding across the ice. Do not leave them on your skates between sessions as they will trap water and cause your blades to rust.

The cloth soakers are put on after you have removed your skates and wiped them dry with a rag. They protect your blades from bumping in transit and wick away any condensation so your blades won't rust. If you still have problems with rust or want to store your skates, rub a drop of oil or Vaseline along the bottoms of the blades.

### Useful links:

[www.safsa.org.za](http://www.safsa.org.za)

### Problems \ further Questions

Should you require any more info or help do not hesitate to ask either your coach or any of the committee members for assistance.

Yours sincerely,

Christo Viljoen  
Chairperson - Gauteng North  
083 321 6502